
Motivating Mississippi:

Keys to living healthy



Goals and Objectives

- Improve health of the population
- Improve specific risk factors
- Decrease health care costs
- Keys to success:
 - Intervention – health campaigns and challenges, coaching, etc
 - Participation – engagement
 - Achieving a Culture of Health - folks think of health as a core value of the State of Mississippi

Motivating Mississippi



Motivating Mississippi Login Screen

www.webmdhealth.com/mississippi

motivating MISSISSIPPI

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Log in

POWERED BY WebMD

New Users

If you have not registered with this site, you must register now.

[REGISTER NOW](#)

[Need help getting started?](#)

Returning Users

Username:

Password:

[GO](#)

[Forgot your username or password?](#)

LOGIN HERE

Getting Started

CLICK HERE
FOR HQ



The screenshot shows the WebMD user interface for 'motivating MISSISSIPPI'. The header includes the logo, a green arrow graphic, and the text 'keys to living healthy'. It also displays the user 'webmduser testuser' with links for 'family members', 'settings', and 'log out', along with a search bar. The navigation bar has links for 'Home', 'Health Topics', 'Living Healthy', and 'Your Programs'. The main content area is divided into several sections: 'Your Notices' with a 'Secure Messages' count of 0; 'Get Started' with icons for HealthQuotient, Health Record, Health Management Centers, and Health Trackers; 'Health Topics' with a list of conditions (Asthma, Attention Deficit Disorder, Breast Cancer, C-Section, Hypertension) and a 'See All' button; a featured article 'He Slept, She Slept: Sex Differences ...' with a 'Read Article' button; three action buttons: 'Create Change' (Make healthy choices, step by step.), 'Manage Records' (Store your health information safely.), and 'In Focus' (Get the news important to you!); and a 'WebMD Recommends' section with a list of personalized recommendations. On the right, there is a sidebar with a photo of a person running and a section titled 'Start your weight loss journey with a single step.' containing text about weight management and a motivational message.

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Home Health Topics Living Healthy Your Programs

Your Notices

Secure Messages: 0 New

Get Started

- HealthQuotient
- Health Record
- Health Management Centers
- Health Trackers

Health Topics

- Asthma
- Attention Deficit Disorder
- Breast Cancer
- C-Section
- Hypertension

See All

He Slept, She Slept: Sex Differences ...

When one sleep partner has a sleep disorder or different sleep pattern than the other, getting enough rest can be a challenge. Get the facts from ...

Read Article

Create Change
Make healthy choices, step by step.

Manage Records
Store your health information safely.

In Focus
Get the news important to you!

WebMD Recommends

Articles, resources, and information just for you, based on your personal health profile:

- Take or Update the Asthma Assessment
- Receive a Free Allergies and Asthma Newsletter
- Take or Update the Depression Assessment
- Take or Update the Sleep Health Assessment

Start your weight loss journey with a single step.

Whether you have 20 or 120 pounds to lose, the journey starts when you take a single step. Visit the Weight Management Center today to find tips on safe, effective weight loss.

You can be healthier by committing to take a step in the right direction!

Complete and Review your HQ

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Home Health Topics Living Healthy Your Programs

HealthQuotient®

Whether you think you're perfectly healthy or know you have a few areas you can work on, taking HealthQuotient may be the smartest thing you can do for your health.

Your privacy in taking this assessment is something we take very seriously. Please see our [privacy policy](#) for details on how we protect you.

Secure Messages (0 new)

About You: Enter your personal information below.

What is your height?
5' 8"

What is your weight (non-pregnant)?
145 lbs

What is your waist measurement?
inches (Measure around your bare abdomen just above your hip bone. Tape should be snug and parallel to the floor.)

What is your ethnic origin?
(Optional) Why is this important for evaluating my health risks?

☐ Asian
☐ Black or African-American
☐ Hispanic or Latino
☐ Indian
☐ American Indian or Alaska Native
☐ Native Hawaiian or other Pacific Islander
☒ White/Caucasian
☐ Multi-ethnic
☐ Other
☐ Unknown

What is the highest level of education you have completed?

☐ Grade school or less
☐ Some high school
☐ High school graduate
☐ Some college or vocational school
☐ College graduate
☒ Post-graduate or professional school

Your HQ
score

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Home Health Topics Living Healthy Your Programs

HealthQuotient®

Did your score change?

It may have. WebMD recently updated the formula that calculated your score. Your modifiable risk factors (diet, exercise, smoking) and non-modifiable risk factors (diabetes, heart disease, depression) used to be weighted equally. The new calculation weighs modifiable factors at 70% and non-modifiable factors at 30%. Your behaviors and their relative influences have also been adjusted based on clinical evidence. This new score more accurately reflects your current health status.

Secure Messages (0 new)

Take Action

- ☒ Take Action
- ☒ HQ Summary
- ☒ Risk Reports
- ☒ Condition Reports
- ☒ Physician Summary
- ☒ Health Care Costs
- ☒ Print or Fax Report

Your HQ Score

86

out of 100
as of 9/9/2010

RESET PAGE

webmduser, based upon your answers, your HQ Score is 86 compared to your peer average of 57.

Your previous score, as of 9/20/10, was 86.

Did your score change?
+16 points are calculated

Change Your Behavior, Lower Your Risks

Use the tabs and sliders to see how changing your lifestyle behaviors affects your risks and HQ Score.

Highest Risk Medium Risk Lowest Risk

Nutrition Unhealthy Stress Unhealthy Blood Sugar Unhealthy Tobacco Unhealthy

Healthy Healthy Healthy Healthy

Your Risks of:

Low Medium High

Existing Conditions: Depression, Heart disease, Lung cancer, Chronic lung conditions, Musculoskeletal conditions, Breast cancer, Stroke, Colon cancer, Diabetes

If you are using a screen reader application, you can access a [summary of your results here](#).

NEXT STEPS

Take the next step with your Nutrition Risk Report

Improve your health with WebMD Health Management Centers

OTHER RESOURCES

- Health Coaching Resources
- Know Your Benefits
- WebMD Symptom Checker
- Women's Health
- Immunizations
- Screenings

Additional
Benefits: Next
Steps &
Lifestyle
Improvement
Programs

Know Your Benefits

- You are eligible for your Wellness/Preventive benefit after your **HQ** is completed *
- Wellness /Preventive benefits are determined by age and gender, includes two visits, and no cap
- Your provider must be in the **AHS Network** for services to be covered
- Know your other Plan partners including BCBSMS, Catalyst, etc.
- Locate a description of your wellness benefits by going to <http://knowyourbenefits.dfa.state.ms.us>

**Your covered spouse and dependents over the age of 18 must also complete a HQ for Wellness Benefits eligibility.*

Lifestyle Improvement Programs (LIP)

Take advantage of the online Lifestyle Improvement Programs

- Emotional Health
- Exercise
- Nutrition
- Smoking Cessation*
- Stress Management
- Weight Management

**Benefits are provided for up to \$350 for approved tobacco cessation prescription drugs.*



Telephonic Health Coaching

Telephonic health coaching is available for all employees who have completed their HQ

- 12-month program
- Telephonic health coaching
- Confidential and convenient- appointments take place at times chosen by the participant
- Sign-up before December 31, 2010
- Program will only be available to those who sign-up in 2010



Next Steps . . .

- Contact your “Site Champion” if you need additional help accessing the HQ
- Visit www.webmdhealth.com/mississippi for more health topics, healthy articles, and symptom checkers
- Explore the website and become familiar with the tools that are available to you and your family
- Become a healthier you by making small changes in your life and taking one step at a time on the road to becoming healthy



Communications

- Annual communication plan
- Regular communications
 - State and School Employee's Health Insurance Plan
 - Wellness Coordinators
 - Registered users
- Campaigns

Evaluation

- Review HQ completion by employer units
- Identify population health risks
- Utilize data streams to identify high-need areas
- Review web site usage and click throughs
- Customer satisfaction



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- Annual communication plan
- Site Champion training
- Wellness Coordinator's presence
- Healthy recipes on web site
- More healthy events at your location
- More details to come!



Your Wellness Coordinators

If you need help with your HQ or have any questions regarding the health and wellness campaigns, please contact your **“Site Champion”**.

For additional information you may contact your Motivating Mississippi Wellness Coordinators:



Jennifer Thomas at jcthomas@webmd.net

Or



Murray Harber at mharber@webmd.net